

WELLNESS RETREAT

Discover your ideal wellness package and be transformed. Embark on a retreat to revive your senses and relax your mind while admiring the blue azures of the Indian Ocean at The Residence Maldives at Dhigurah.

ULTIMATE BEAUTY & SLEEP RETREAT

This ultimate anti-aging face and body experience promotes full body and mind rejuvenation. A complete holistic approach, it prevents the effects of ageing and gives the radiating glow to you that lasts longer. Each day complemented with anti-ageing drinks.

Retreat consists of:

Day 1 (90-minute treatment)

Foot Bath Ritual • Polisher • Abhyanga Body Massage • Refreshments

Day 2 (90-minute treatment)

Foot Bath Ritual • Firming Age Corrector • Relief Massage • Refreshments

Day 3 (90-minute treatment)

Foot Bath Ritual • Beauty & Sleep • Refreshments

2-Day Programme: USD 329

3-Day Programme: USD 489

VIGOUR & VITALITY RETREAT

Immerse your body in a healthy experience of relaxation, vitality and well-being. Start with a Body Composition Analysis and a Personal Training Session. This programme aims to improve your aches and pains from the strains of daily lives, leaving a lighter soul and more comfortable body.

Retreat consists of:

Day 1 (90-minute treatment)

Foot Bath Ritual • Clarins Body Polisher • Sports Massage • Refreshment

Day 2 (90-minute treatment)

Foot Bath Ritual • Relax Body Wrap • Peace Massage • Refreshments

Day 3 (90-minute treatment)

Foot Bath Ritual • Balance Massage • Refreshments

Day 4 (90-minute treatment)

Foot Bath Ritual • Back Massage • Shirodhara • Head Massage • Refreshments

Day 5 (90-minute treatment)

Foot Bath Ritual • Awakening Massage • Refreshments

Prices are subject to 10% service charge and 12% government taxes.

Daily (60-minute sessions)
Yoga • Personal Training • Refreshments

3-Day Programme: USD 459

5-Day Programme: USD 749

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DETOX & CONTOURING RETREAT

Nourish, detoxify and rejuvenate your body inside out. For the ultimate in detoxification, this programme aids the release of toxins from your body and reduces fluid retention.

Retreat consists of:

Day 1 (90-minute treatment)

Foot Bath Ritual • Udwarthanam • The Body Lift Sculptor • Refreshment

Day 2 (90-minute treatment)

Foot Bath Ritual • Clarins Contouring Body Wrap • Anti-Cellulite Massage • Refreshment

Day 3 (90-minute treatment)

Foot Bath Ritual • Clarins Body Polisher • Peace Massage • Refreshments

Day 4 (90-minute treatment)

Foot Bath Ritual • The Body Lift Sculptor • Lymphatic Massage • Refreshments

Day 5 (90-minute treatment)

Foot Bath Ritual • Clarins Anti-Ageing Facial • Foot Massage • Refreshments

Daily (60-minute session)

Yoga or Personal Training

3-Day Programme: USD 459

5-Day Programme: USD 749

HOLISTIC HEALING & AWAKENING RETREAT

Stress is an inexorable fallout of today's fast paced life style and has become an integral part of our lives. A corrective life style coaching with an indigenous and traditional Ayurveda approach, yoga and holistic healing to de-stress, revitalize the senses, restore good health and even increase the body's immunity.

Retreat consists of:

Day 1 (150-Minute Treatment)

Prices are subject to 10% service charge and 12% government taxes.

Foot Bath Ritual • Private Yoga • Balance • Refreshment

Day 2 (150-Minute Treatment)

Foot Bath Ritual • Private Yoga • Holistic Massage • Refreshment

Day 3 (150-Minute Treatment)

Foot Bath Ritual • Meditation • Awakening • Yoga Nidra • Refreshment

3-Day Programme: USD 449

Prices are subject to 10% service charge and 12% government taxes.